

Garbanzo Bean Stir Fry

Just Say *Yes* to Fruits and
Vegetables

This delicious side is a great way to get more fiber from beans!



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Serves 4 • Serving: Serving: $\frac{3}{4}$ cup

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Dried or canned garbanzo beans both work well in this recipe.

Ingredients:

- 1 tablespoon vegetable oil
- 1 chopped onion
- 3 finely chopped garlic cloves
- 2 cups cooked chickpeas (garbanzo beans)
- 4 cups chopped kale leaves
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried oregano
- 2 teaspoons parsley (optional)
- 2 tablespoons lemon juice
- Salt and pepper, to taste

Directions:

1. In a large frying pan, heat the oil over medium heat.
2. Add onions and garlic and cook until soft.
3. Add chickpeas and cook for about 5 minutes.
4. Add kale, oregano, and parsley, and cook for 6 more minutes.
5. Remove from heat and add lemon juice. Mix well.
6. Season with salt and pepper.
7. Serve immediately.
8. Refrigerate leftovers.